We claim:

1. A sports shaft comprising:

an elongated body portion comprising a synthetic semi-flexible material, the elongated body having a first end and a second end;

a tapered portion disposed on the elongated body portion; and

a gripable coating disposed on an outer surface of the elongated body portion.

2. The sports shaft of claim 1, further including a first outwardly tapered head receiving portion disposed on the first end.

3. The sports shaft of claim 2, further including a second outwardly tapered head receiving portion disposed on the second end.

4. The sports shaft of claim 1, wherein the elongated body has a rounded non-protruding octagon cross-sectional shape.

5. The sports shaft of claim 1, wherein the synthetic semi-flexible material includes carbon fiber.

6. The sports shaft of claim 1, wherein the synthetic semi-flexible material includes graphite.

7. The sports shaft of claim 1, wherein the tapered portion is tapered inwardly, such that the tapered portion has a smaller diameter than the remainder of the elongated body.

8. The sports shaft of claim 1, wherein the tapered portion is disposed in a position on the elongated body that is consistent with a standard hand position of a player for the sport within which the sports shaft is designed to be used.

9. The sports shaft of claim 1, wherein the gripable coating includes a rubberized paint coating.

10. The sports shaft of claim 1, wherein the sports shaft conforms to the regulations of a lacrosse stick shaft.

11. The sports shaft of claim 3, further including a lacrosse head disposed on an end of the elongated shaft, the end selected from the group consisting of the first end and the second end.

12. The sports shaft of claim 1, further including a detachable head disposed on an end of the elongated body.

13. A lacrosse shaft comprising:

an elongated body portion comprising a synthetic semi-flexible material;

the elongated body portion having a first end and a second end, the first end including a first outwardly tapered head receiving portion and the second end including a second outwardly tapered head receiving portion;

an inwardly tapered grip portion disposed on the elongated body portion;

a gripable coating disposed on selected portions of an outer surface of the elongated body portion, wherein the gripable coating comprises a rubberized paint coating, wherein a detachable head can be detachably coupled to a head receiving portion selected from the group consisting of the first outwardly tapered head receiving portion and the second outwardly tapered head receiving portion.

14. The lacrosse shaft of claim 14, wherein the selected portions of the outer surface comprise locations where a player would grip the lacrosse shaft.

15. The lacrosse shaft of claim 14, wherein the selected portions comprise the entire outer surface.

16. A method of manufacturing a sports shaft comprising:

wrapping synthetic material around an internal member;

removing the internal member;

inserting the synthetic material into a mold

heating synthetic material to conform to the synthetic material to a shape of the mold;

solidifying the synthetic material;

coating the synthetic material with a gripable material comprising a low coefficient of thermal surface conductivity.

17. The method of claim 16, wherein the coating further comprises spraying one or more layers of rubberized paint.

18. The method of claim 16, wherein the synthetic material comprises carbon.

19. The method of claim 16, wherein the mold for the sports shaft further includes at least one outwardly flared head receiving portion.

20. The method of claim 16, wherein the mold for the sports shaft further includes an inwardly tapered portion.

21. The method of claim 16, wherein the mold for the sports shaft is configured to create a shaft with a rounded non-protruding octagonal cross-sectional profile.

22. A sports shaft comprising:

an elongated body comprised of a synthetic semi-flexible material, the elongated body having a first end and a second end;

a tapered portion disposed on the elongated body portion, the tapered portion being proximate the first end;

a gripable coating disposed on an outer surface of the elongated body;

a first head receiving portion located at the first end and a second head receiving portion located at the second end; and

a head located at a location selected from the group consisting of the first end and the second end, wherein the head is located at either the first or second end.

23. A lacrosse shaft comprising:

an elongated lacrosse shaft body comprising a semi-flexible material, the elongated body having a first end and a second end;

a gripable coating disposed on at least a portion of an outer surface of the elongated lacrosse shaft body, wherein the gripable coating comprises a low coefficient of thermal conductivity.

24. The shaft of claim 23, wherein the gripable coating further comprises a rubberized paint coating.

25. The shaft of claim 26, wherein the gripable coating covers substantially all the outer surface of the elongated lacrosse shaft body.

26. The shaft of claim 23, wherein the elongated lacrosse shaft body comprises a tapered portion disposed between the first and second ends.

27. The shaft of claim 23, wherein the elongated lacrosse shaft body comprises a polygonal shape in cross section, the polygonal shape having non-protruding rounded corners.

28. The shaft of claim 29, wherein the polygonal shape comprises an octagon.

29. The shaft of claim 23, wherein the elongated lacrosse shaft body comprises a flared first head receiver portion at the first end.

30. The shaft of claim 29, wherein the elongated lacrosse shaft body comprises a flared second head receiver portion at the second end.